

## Proposed

### Programme

#### Inter - Provincial Sub- Youth

#### Track and Field Championships

20th November 2010

**PRE-ENTRY ONLY** :- entries **closes** on the 5th November 2010

at Kings Park Athletics Stadium

### **Friday , 19th November 2010**

**18h00 Team Managers Meeting**

**06h45 Meeting Manager & Walk Officials**

**07h00 Officials Rollcall and Briefing**

<b>#</b>	<b>Time</b>	<b>Age Grp</b>	<b>Event</b>	<b>Specs</b>	
1	07h30	G15	5000m Walk ***	Combined	
2	07h30	B15	5000m Walk ***	Combined	
3	07h45	G11	High Jump	SH : 1,10m	
4	07h45	G13	Long Jump - Pit A		
5	07h45	B13	Long Jump - Pit B		
6	07h45	G15	Shot Put - Pit A	4kg	
7	07h45	B15	Shot Put - B	4kg	
8	07h45	G9	Turbo-Jav - A		
9	07h45	B9	Turbo-Jav - B		
10	08h10	G15	3000m **	Combined	
11	08h10	B15	3000m **	Combined	
12	08h30	G15	300m Hurdles	76,2cm x 7	
13	08h40	B15	300m Hurdles	84cm x 7	
14	08h50	G13	200m Hurdles	68cm x 10	
15	09h00	B13	200m Hurdles	68cm x 10	
16	09h10	G 9	600m		
17	09h15	B13	High Jump	SH : 1,35m	
18	09h15	G15	Long Jump - Pit A		
19	09h15	B15	Long Jump - Pit B		
20	09h15	G11	Shot Put - A	2kg	
21	09h15	B11	Shot Put - B	2kg	
22	09h15	G15	Hammer Throw @	4kg	
23	09h15	B15	Hammer Throw @	4kg	
24	09h20	B 9	600m		
25	09h30	G11	1200m		
26	09h40	B11	1200m		

27	09h50	G13	800m		
28	10h00	B13	800m		
29	10h10	G15	800m		
30	10h20	B15	800m		
31	10h30	G 7	60m		
32	10h40	B 7	60m		
33	10h45	B15	High Jump	SH : 1,45m	
34	10h45	G13	Discus @	0,75kg	
35	10h45	B13	Discus @	1kg	
36	10h45	B11	Turbo-Jav - Pit A		
37	10h45	G11	Turbo-Jav - Pit B		
38	10h50	G9	60m		
39	11h00	B9	60m		
40	11h10	G11	70m Hurdles	68cm x 8	
41	11h20	B11	70m Hurdles	68cm x 8	
42	11h30	G13	75m Hurdles	76,2cm x 8	
43	11h40	B13	80m Hurdles	76,2cm x 8	
44	11h50	G15	90m Hurdles	76,2cm x 9	
45	12h00	B15	100m Hurdles	84cm x 10	
46	12h10	G11	80m		
47	12h15	B11	High Jump	SH : 1,15m	
48	12h15	B15	Triple Jump - Pit A	9m Take off	
49	12h15	G15	Javelin - A	600g	
50	12h15	B15	Javelin - B	600g	
51	12h20	B11	80m		
52	12h30	G13	100m		
53	12h40	B13	100m		
54	12h50	G15	100m		
55	13h00	B15	100m		

13h00 to 13h25

Officials Lunch Break

56	13h30	B15	1500m Steeplechase	76,2cm	
57	13h40	G13	1500m Walk **	Combined	
58	13h40	B13	1500m Walk **	Combined	
59	13h45	G13	High Jump	SH : 1,25m	
60	13h45	G15	Discus @	1kg	
61	13h45	B15	Discus @	1kg	
62	13h45	G13	Shot Put - Pit A	3kg	
63	13h45	B13	Shot Put - Pit B	4kg	
64	14h00	G15	400m		
65	14h10	B15	400m		
66	14h20	G 7	80m		
67	14h30	B 7	80m		
68	14h40	G9	80m		
69	14h50	B9	80m		
70	15h00	G11	100m		
71	15h10	B11	100m		
72	15h15	G15	High Jump	SH : 1,35m	
73	15h15	G11	Long Jump - Pit A		
74	15h15	B11	Long Jump - Pit B		

75	15h15	G13	Javelin - Pit A	500g	
76	15h15	B13	Javelin - Pit B	600g	
77	15h20	G13	1500m		
78	15h35	B13	1500m		
79	15h50	G15	1500m		
80	16h05	B15	1500m		
81	16h20	G13	200m		
82	16h30	B13	200m		
83	16h40	G15	200m		
84	16h50	B15	200m		

**KEY:** \*\*\*\* Combine Track Events  
Shot Put , using 2 Circles  
Javelin & Turbo , Using 2 runway's  
@@ Combined Male & Female Hammer & Discus  
High Jump using ONE landing area  
Long Jump / Triple Jump, using 2 Runways and Pits

## Information

1 Age groups:

- 7 Born in 2003 & 2004
- 9 Born in 2001 & 2002
- 11 Born in 1999 & 2000
- 13 Born in 1997 & 1998
- 15 Born in 1995 & 1996

The Competition Management have the right to request proof of age during any event conducted under the rules of ASA & KZNA.

2 Athletes **MUST** be **Fully Licensed** and compete in **Provincial KIT**

The wearing of Club Kit, during the championships, **will not** be allowed and disqualification from the event will take place.

3 Competition Numbers will be worn on the FRONT of the Club Kit and VALID License numbers on the back of the Club Kit (All athletes must have both Licenses in there possession at the competition.

4 Athletes may have entered in **ONLY 3 Events** and the **entries close** on 5th **November**.

5 **DEFINITELY NO ENTRIES** will be accepted on the Day !!

6 Athletes may have **ONLY** entered the Championships, if they are fully licensed & have been entered by there Province. **No** Temporary Licenses for Championships, will be accepted.

**Championship Events:**

7 This is a **Pre-entry** event, all athletes will be pre-drawn for events

8 Lane draws and order of participation will be displayed on the Notice Board from the morning of the event

9 **ALL** Athletes **MUST** report to there event, **30 minutes** before the scheduled event time

- 10 **All Track Events are Finals, Sprint Heats will be according to Time Placing  
All Field Events are Only Finals.**
- 11 Queries for **ALL Events** will only be considered, at the managers meeting or no less than **2 hours** before the scheduled event time, this takes place by completing the required documents at the Queries table, by the Team manager ONLY
- 12 The programme is however subject to change at managements discretion and will be pushed ahead where it possibly can to try and finish earlier than the prescribed time  
The Final program will be available on Friday, 19th November, after ALL athletes have been checked.